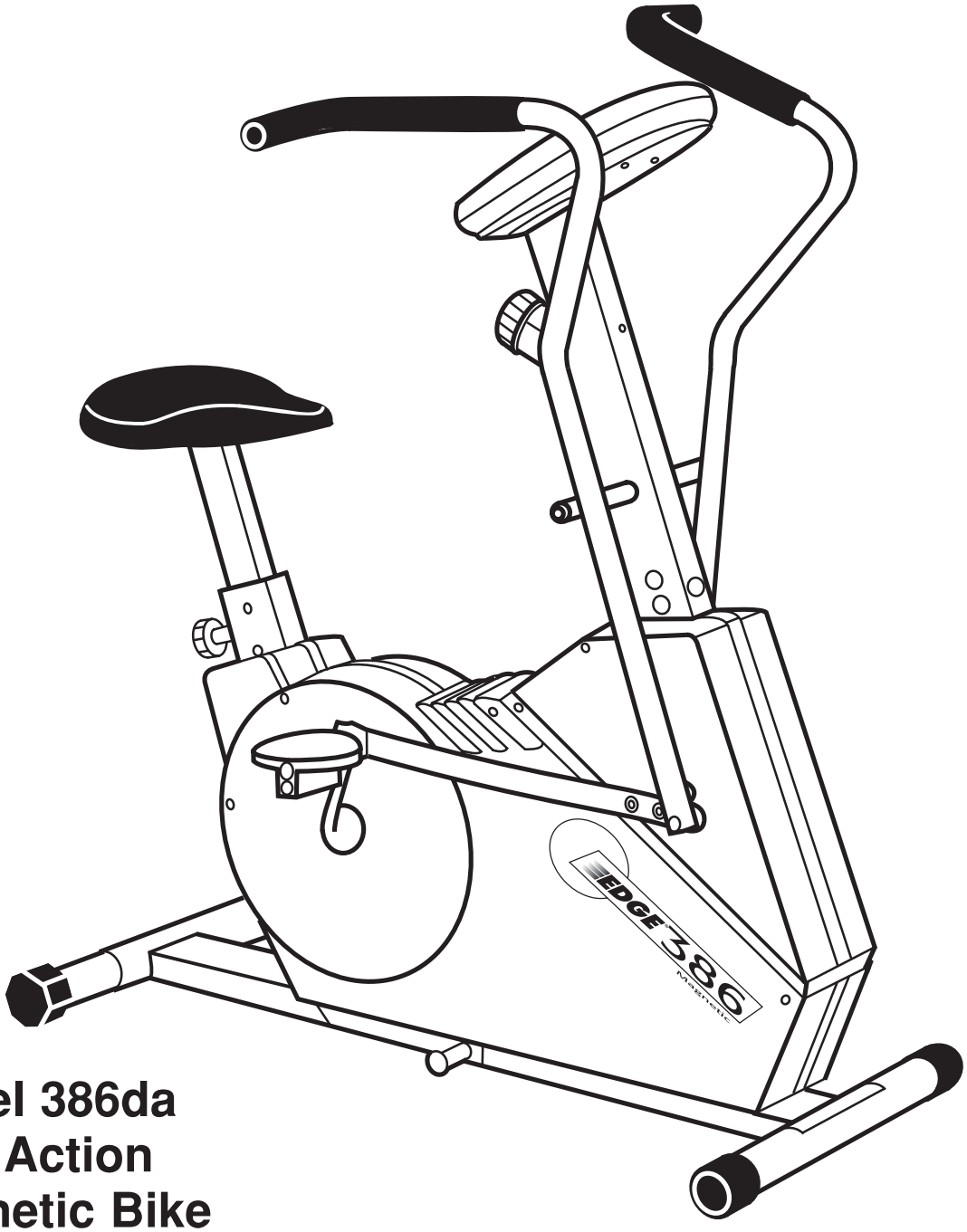
EDGE®



Model 386da
Dual Action
Magnetic Bike

FitnessQuest® Inc.

Congratulations on purchasing your Edge® 386 Dual Action Magnetic Bike

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift, and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies.

Be sure to read through this Owner's Manual carefully. **It is the authoritative source of information about your Edge 386 Dual Action Magnetic Bike.**

Retain this manual for future reference.

Table of Contents

Important Safety Instructions.....3
Comments or Questions & Parts Identification.....4
Assembly Instructions.....5 - 10
Exercise Program.....11 - 14
Computer Instructions.....15
Parts List 16
Exploded Drawing.....17

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and/or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are over 35 years of age or suffer from heart or respiratory problems.
3. Warm up before any exercise program by stretching, followed by 8 minutes of aerobic activity.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes made of good support with non-slip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Avoid over training. You should be able to carry on a conversation while exercising.
8. After an exercise session, cool down with slow walking or stretching.
9. This machine should not be used by or near children.
10. Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
11. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
12. Only one person at a time should use this machine.
13. Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
14. Always use this machine on a level surface.
15. Never operate the machine if the machine is not functioning properly.
16. Start exercise slowly and gradually increase the amount of resistance.
17. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
18. Use caution not to pinch fingers or hands in moving parts when using the unit.

KEEP THESE INSTRUCTIONS

Comments or Questions?

Dear Customer,

Congratulations on your purchase of the Edge® 386 Dual Action Magnetic Bike.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our web site, with any comments or questions you may have.

Edge 386 Bike
Customer Service Department
1400 Raff Road SW, Canton, OH 44750-0001

1-800-321-9236, Monday through Friday - 9:00am to 5:00pm, Eastern Time

www.fitnessquest.com

Ordering Missing or Defective Parts

When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT IS PURCHASED (NAME OF RETAIL STORE, CITY)
4. MODEL NUMBER (EXB01386)
5. PART ORDER NUMBER AND DESCRIPTION

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

Parts Identification

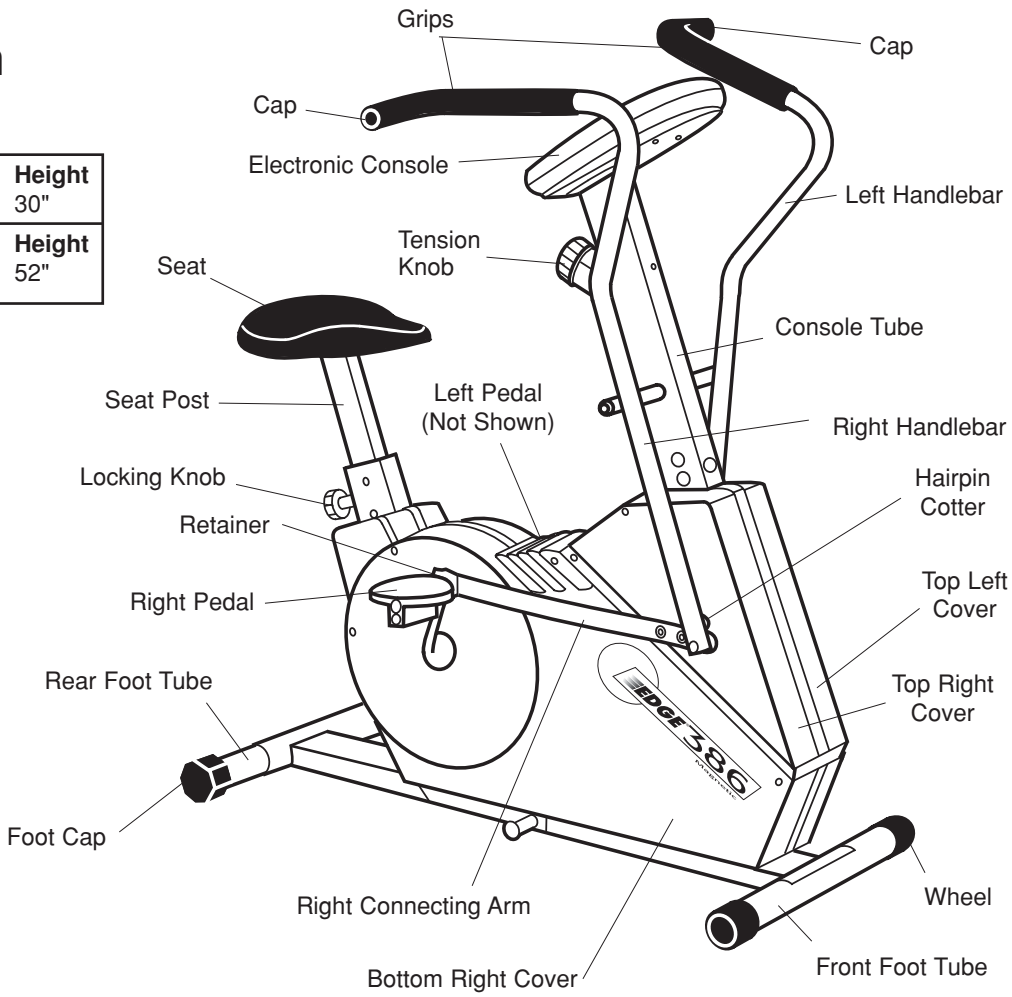
Weight in box	**Length**	**Width**	**Height**
86 lbs.	42-1/2"	11-1/4"	30"
Weight out of box	**Length**	**Width**	**Height**
76 lbs.	43-1/2"	25"	52"

Manual Packet Includes:

Manual
Warranty Card

Fastener Pack Includes:

2 Large Washers
2 Cap Nuts
1 6mm Allen Tool
1 Adjustable Wrench Tool
(Will need additional wrench for assembly)



ASSEMBLY

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING.

FIGURE 1

NOTE: There are two FOOT TUBES. The REAR FOOT TUBE has FOOT CAPS (6) on each end and the FRONT FOOT TUBE has WHEELS (7).

Step 1. Remove the two M8 x 1.25 x 60 CARRIAGE BOLTS (1), M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5) from the REAR FOOT TUBE (2) with FOOT CAPS (6).

Step 2. Attach FOOT TUBE (2) to rear of FRAME (3) with hardware removed in Step 1. Make sure to insert BOLTS through "square holes" first.

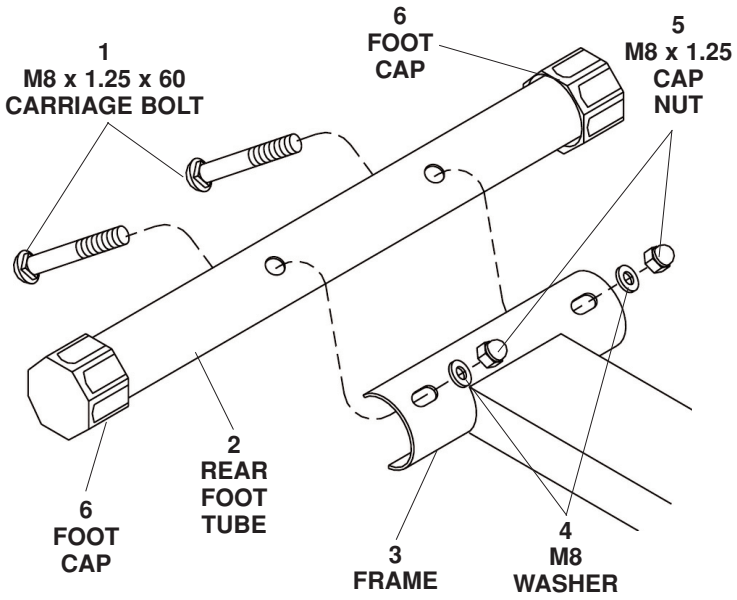


FIGURE 1

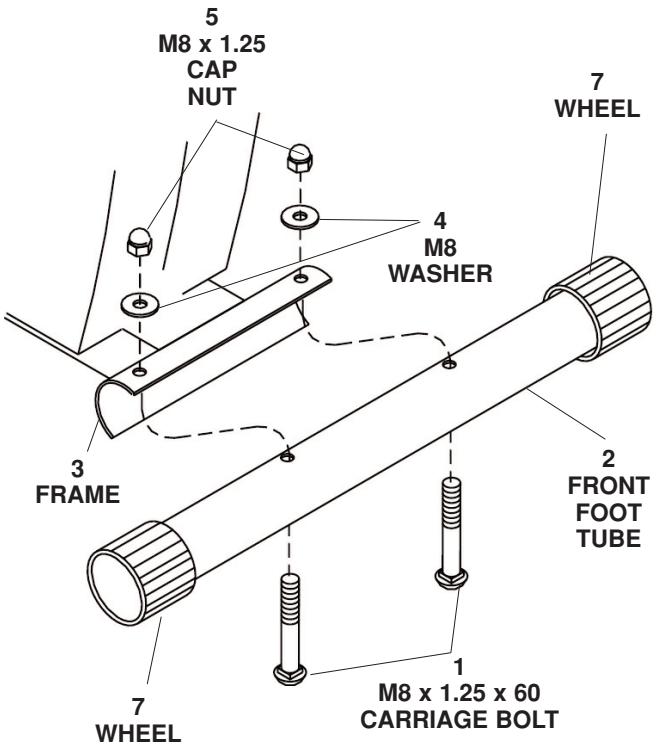


FIGURE 2

FIGURE 2

Step 3. Remove the two M8 x 1.25 x 60 CARRIAGE BOLTS (1), M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5) from the FRONT FOOT TUBE (2).

Step 4. Attach FOOT TUBE (2) to front of FRAME (3) with hardware removed in Step 3. Make sure to insert BOLTS through "square holes" first.

ASSEMBLY

FIGURE 3

Step 5. Slide PEDAL BUSHING (8) onto SHAFTS of PEDALS (9 RIGHT and 10 LEFT) as shown.

Step 6. Thread SHAFTS of PEDALS (9 & 10) into CRANK (11) until tight, then back off 1/2 turn.

Step 7. Thread PEDAL LOCK NUT (12) onto end of SHAFT. Hold SHAFT with (additional wrench) and tighten PEDAL LOCK NUT with other wrench until tight.

NOTE: PEDAL BUSHING (8) **must** be able to spin freely after tightening.

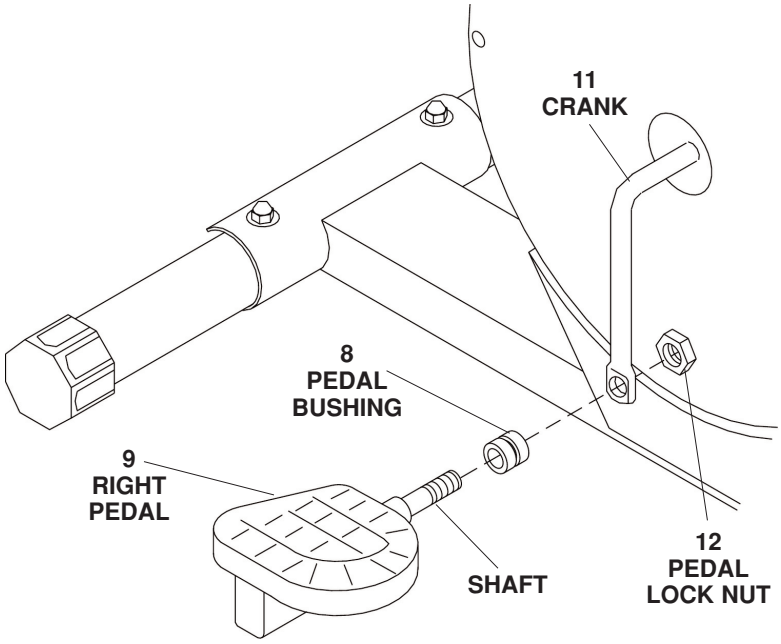


FIGURE 3

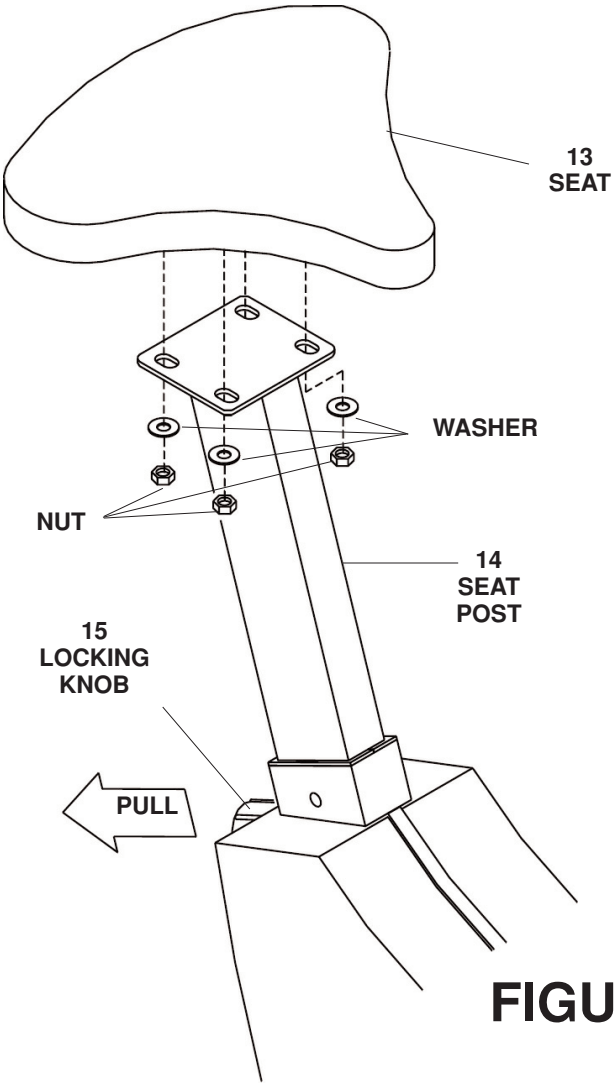


FIGURE 4

Step 8. Turn LOCKING KNOB (15) counterclockwise to loosen.

Step 9. Pull LOCKING KNOB (15) out and raise SEAT POST (14) to desired SEAT (13) height and release LOCKING KNOB so that it snaps into hole in SEAT POST then turn clockwise until tight.

IMPORTANT
LOCKING KNOB **MUST** be locked tightly before you sit on the SEAT.

Step 10. Remove NUTS and WASHERS from SEAT (13) and attach SEAT to SEAT POST (14) with NUTS and WASHERS.

FIGURE 4

ASSEMBLY

NOTE: You may need **two** people to complete the following steps. One to hold CONSOLE TUBE (16) while attachments are made.

FIGURE 5

Step 11. Remove the four BUTTON HEAD SCREWS (20) and M8 WASHERS (4) from the FRAME (3).

Step 12. Plug EXTENSION WIRE (17) into REED SWITCH WIRE (18). Secure connection with tape.

Step 13. **NOTE:** Turn TENSION KNOB to position 8 before connecting TENSION CABLE to TENSION BLOCK (19).

Push EYE of TENSION CABLE into WIRE LOCK of TENSION BLOCK - see DETAIL.

Step 14. Pull TENSION CABLE through SLOT and place CABLE HOUSING on top of TENSION BLOCK (19) - see DETAIL.

Make sure the EXTENSION WIRE (17) is through the top of the CONSOLE TUBE (16) and slide CONSOLE TUBE over the FRAME (3). Fasten with hardware removed in Step 11.

NOTE: DO NOT pinch wires while attaching CONSOLE TUBE.

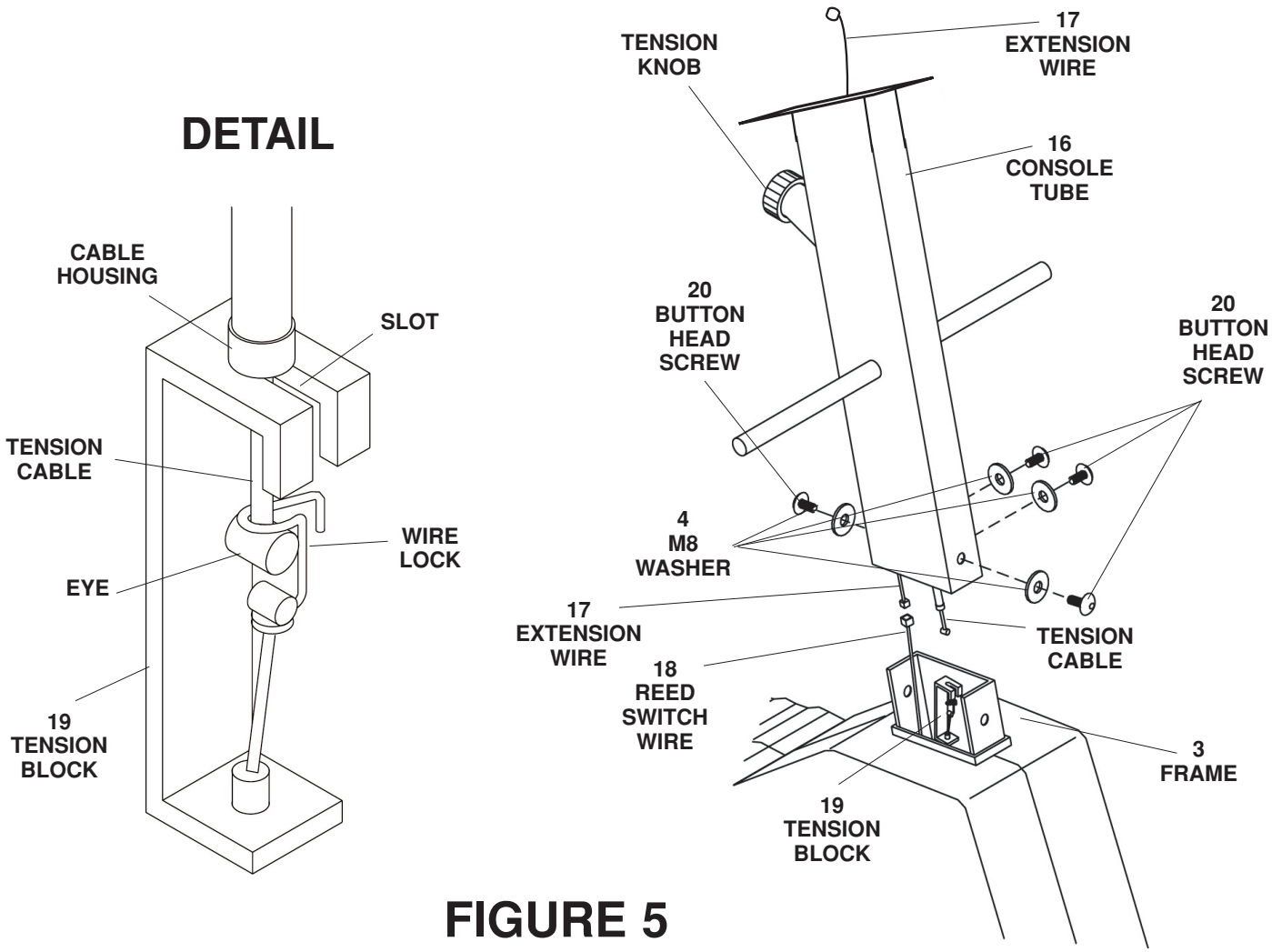


FIGURE 5

ASSEMBLY

FIGURE 6

Step 16. With PIVOT TUBES on REAR side of HANDLEBARS (21 RIGHT and 22 LEFT) and CONNECTING ARMS (23 RIGHT and 24 LEFT) to inside, slide HANDLEBARS onto AXLE.

(Remove tape at AXLE TUBE area).

Step 17. Slide LARGE WASHER (25) onto end of AXLE and carefully tap PUSH NUT (26) onto end of AXLE with hammer.

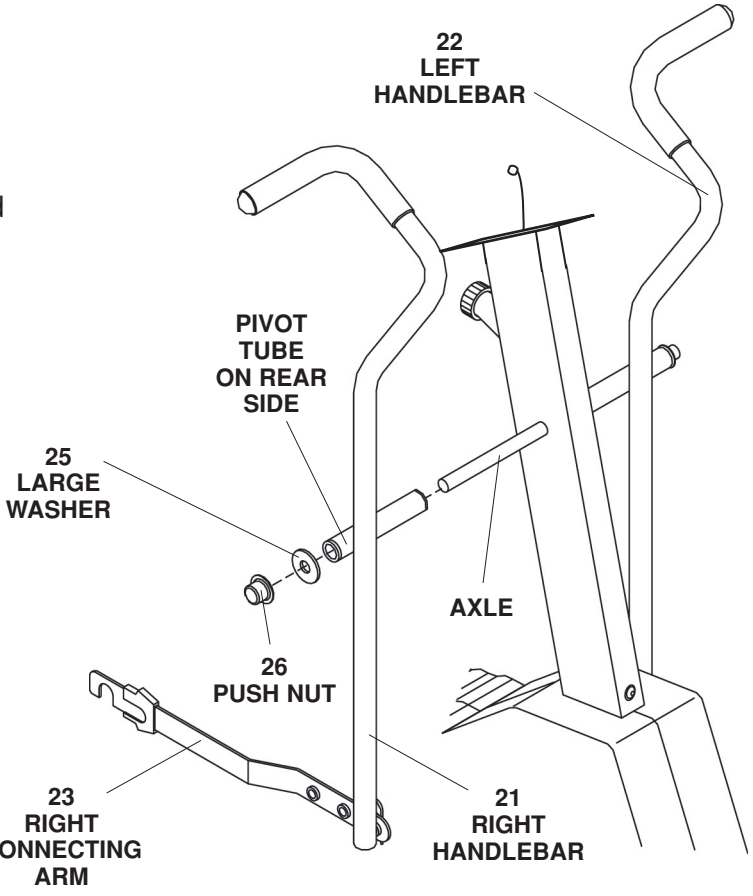


FIGURE 6

Steps 18 and 19 are for DUAL ACTION MODE.

FIGURE 7

Step 18. Lower SLOT in CONNECTING ARMS (23 & 24) down over PEDAL BUSHING (8).

FIGURE 8

Step 19. Slide RETAINER (28) until CONNECTING ARMS (23 & 24) are locked in DUAL ACTION MODE.

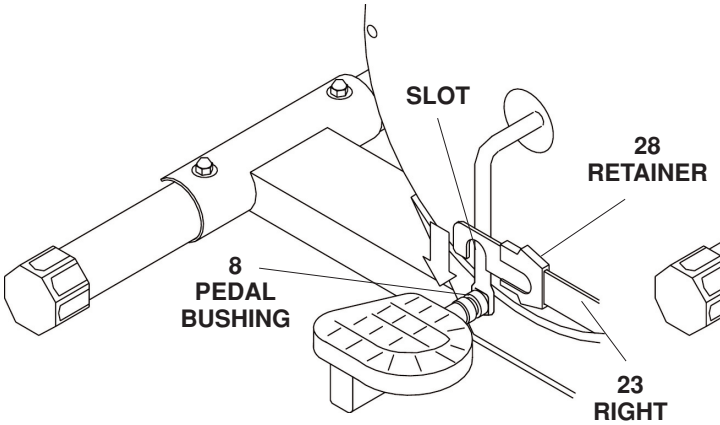


FIGURE 7

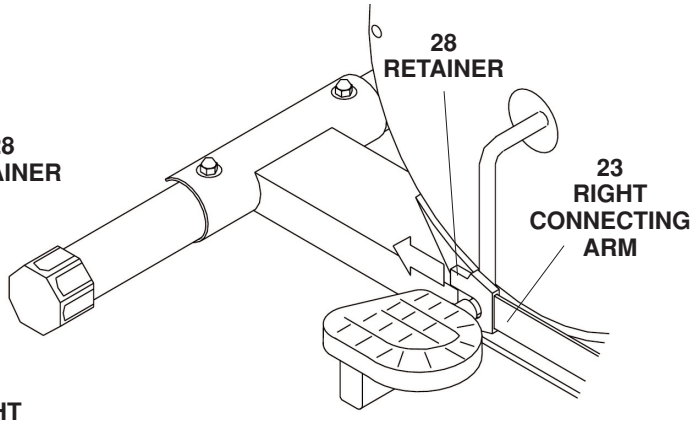


FIGURE 8

ASSEMBLY

Step 20 is for SINGLE ACTION MODE.

FIGURE 9

Step 20. Lower SLOT in CONNECTING ARMS (23 RIGHT & 24 LEFT) onto LOCKOUT ROD and slide RETAINER (28) back over LOCKOUT ROD to lock CONNECTING ARM in SINGLE ACTION MODE.

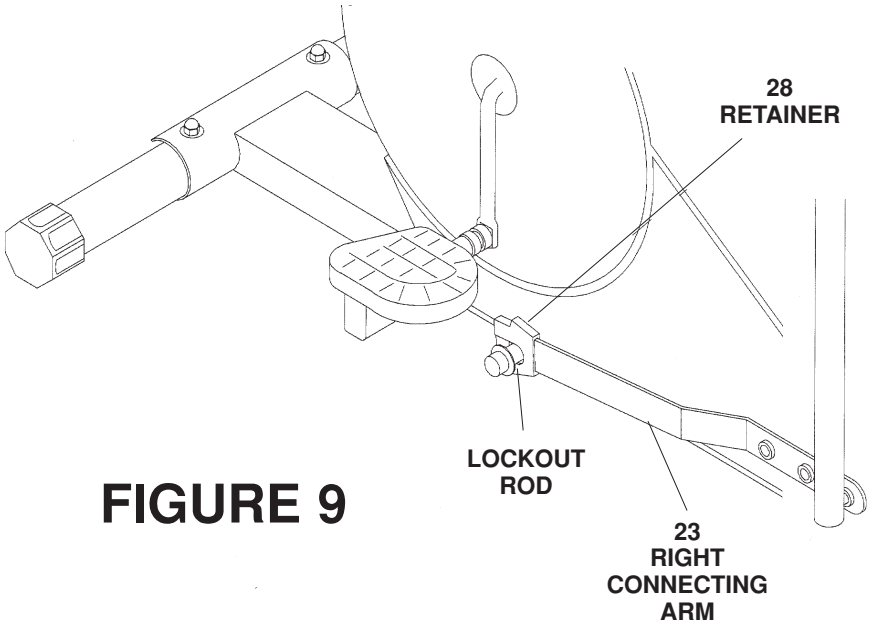


FIGURE 9

NOTE: There are three ADJUSTMENT HOLES in each CONNECTING ARM (23 & 24). The CONNECTING ARM comes attached to the END HOLE. The END HOLE puts the GRIP end of the HANDLEBARS (21 & 22) closer to you, which is better for shorter people. The INSIDE HOLE puts the GRIP end farther away from you which is better for taller people. To adjust, follow Steps 21 through 23.

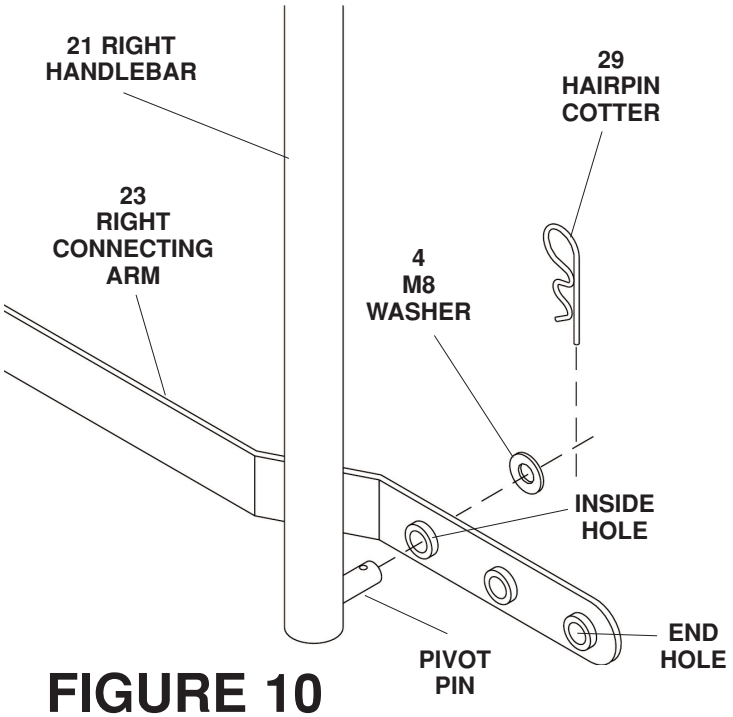


FIGURE 10

FIGURE 10

Step 21. Remove HAIRPIN COTTER (29) and M8 WASHER (4) from PIVOT PIN in HANDLEBAR (21 RIGHT & 22 LEFT).

Step 22. Slide desired ADJUSTMENT HOLE, of CONNECTING ARM (23 & 24) onto PIVOT PIN of HANDLEBAR (21 & 22).

Step 23. Place M8 WASHER (4) over PIVOT PIN and insert HAIRPIN COTTER (29) through hole in PIVOT PIN to lock in place.

ASSEMBLY

FIGURE 11

Step 24. Remove BATTERY DOOR of CONSOLE (32) and insert two "AA" SIZE BATTERIES and replace BATTERY DOOR.

NOTE: DO NOT use rechargeable batteries. Using rechargeable batteries will cause a short circuit and destroy CONSOLE (32).

IMPORTANT

Your monitor includes low grade batteries that will operate the computer for display purposes only. You will need to replace the batteries shortly after using the bike for the first few times.

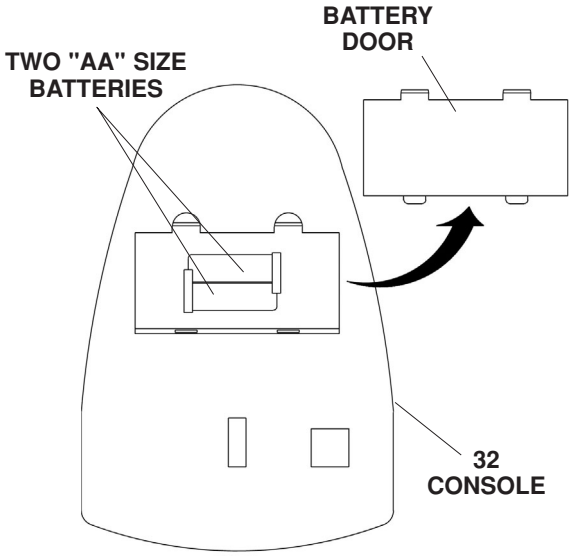


FIGURE 11

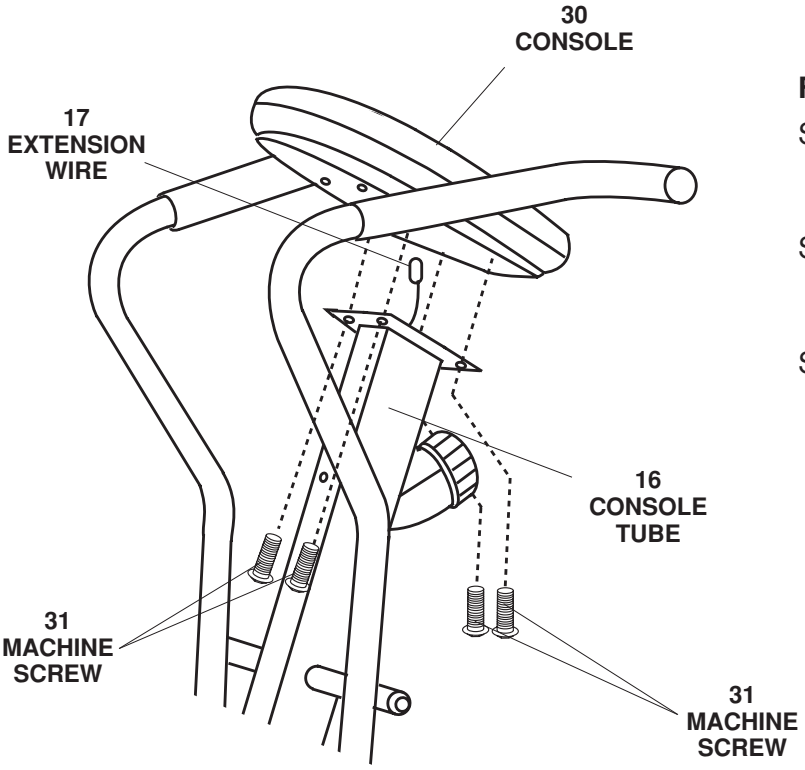


FIGURE 12

Step 25. Remove the four MACHINE SCREWS (31) from back of CONSOLE (30).

Step 26. Carefully plug EXTENSION WIRE (17), into bottom of CONSOLE (30).

Step 27. Attach CONSOLE (30) to CONSOLE TUBE (16) with MACHINE SCREWS (31), removed in Step 26.

FIGURE 12

EXERCISE PROGRAM
HOW TO BEGIN

WARNING: *Prior to undertaking any exercise, or program of exercise that requires a major increase in physical activity, consultation with a competent medical authority is strongly recommended. In addition, anyone who has a physical handicap, who suffers from a prolonged illness, or who has increased risk factors such as obesity, hypertension, cardiocirculatory problems, etc., should consult a competent medical authority before undertaking any exercise, or engaging in a continuing program of exercise.*

By first doing the above, you will then have a starting point from which to measure your increased physical improvement.

CAUTION: *Stop exercising if you experience any of the following symptoms*.

_ Pressure, tension, or pain in your chest, shoulders, neck, jaw, or arms.
_ Noticeable pain of any kind (i.e. leg or stomach cramps).
_ Lightheaded or dizziness (fainting-lack of vision).
_ Abnormal breathing (rapid or lack of air).
_ Sudden unsteadiness, weakness or numbness of the face, arms, legs or body.
_ Loss of speech, problems speaking, or understanding speech.
_ Unusual fatigue.
Lowering of your heart rate with increased exercise demands.
Fluttering in your chest (heart palpitations).

If any of these symptoms occur, call your doctor immediately. If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down.

SET FITNESS GOALS

General guidelines to follow.

The key to a healthful program is defining your personal goals, and establishing an exercise/nutrition program that will help you to be successful.

What your individual exercise goals are will depend on many factors, some of which includes your age, current fitness level, sex, heredity, and according to your lifestyle, the amount of time available to exercise.

Disciplining yourself not to skip a workout period is a very important short term goal. Many exercise programs fail because this goal is not set as a priority. Just some of the advantages that you will receive with a consistent long term exercise program include; a decrease in the percentage of stored fat, firmer better toned muscles, increased vitality, and improved overall health in all areas of your physical and mental efficiency.

PLANNING AN EXERCISE PROGRAM

When and how much exercise to do.

Probably the most important part of exercising, especially if exercise is new for you, is commitment, commitment, commitment! Maintaining a physically fit body does not require hours and hours of your time. For an average non-exercising person, a safe and generally accepted schedule is to exercise consistently for 20 to 30 minutes, three times per week to maintain cardiovascular fitness.

Keeping a written record will help you to see your progress and may serve to help you keep your commitment. It is extremely important to start out slow and not to overdo, especially for the first month or two. Two reasonable times to work out, if it fits your schedule, is in the morning before breakfast, or early evening before your evening meal.

Research shows that to increase your fitness level you should work out at a level of 70 to 80 percent of your maximum heart rate. This is the target zone for best results. Exceeding your target zone will not increase your fitness level, and could be very dangerous.

MONITORING YOUR HEART RATE

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After feeling your pulse, count the number of beats for 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. Keep a log of your heart rate at rest; after warming up, during your workout, and two minutes during your cool down, then 10 minutes after your cool down. We recommend taking your heart rate at these times to accurately track your progress as it relates to better physical fitness.

Your maximum heart rate and aerobic capacity naturally decreases as you age. In general, to determine your maximum heart rate, subtract your age from 220. This may vary from one person to another, but use this number to find your approximate effective target zone.

(MHR)= Maximum Heart Rate
(THR)= Target Heart Rate

220 - age = maximum heart rate (MHR). MHR x .70 = 70% of your heart rate.
MHR x .85 = 85% of your maximum heart rate.
For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .70 = 133 (Low end or 70% of THR)
190 x .85 = 161 (High end or 85% of THR)
See Table No. 1 for additional calculations.

If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down. Heart rhythm disturbances may occur if you stop abruptly, so always remember to cool down.

You are an individual and your body is unique. All of the information in this manual is for an average person with average physical fitness. Use these instructions as a guide.

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

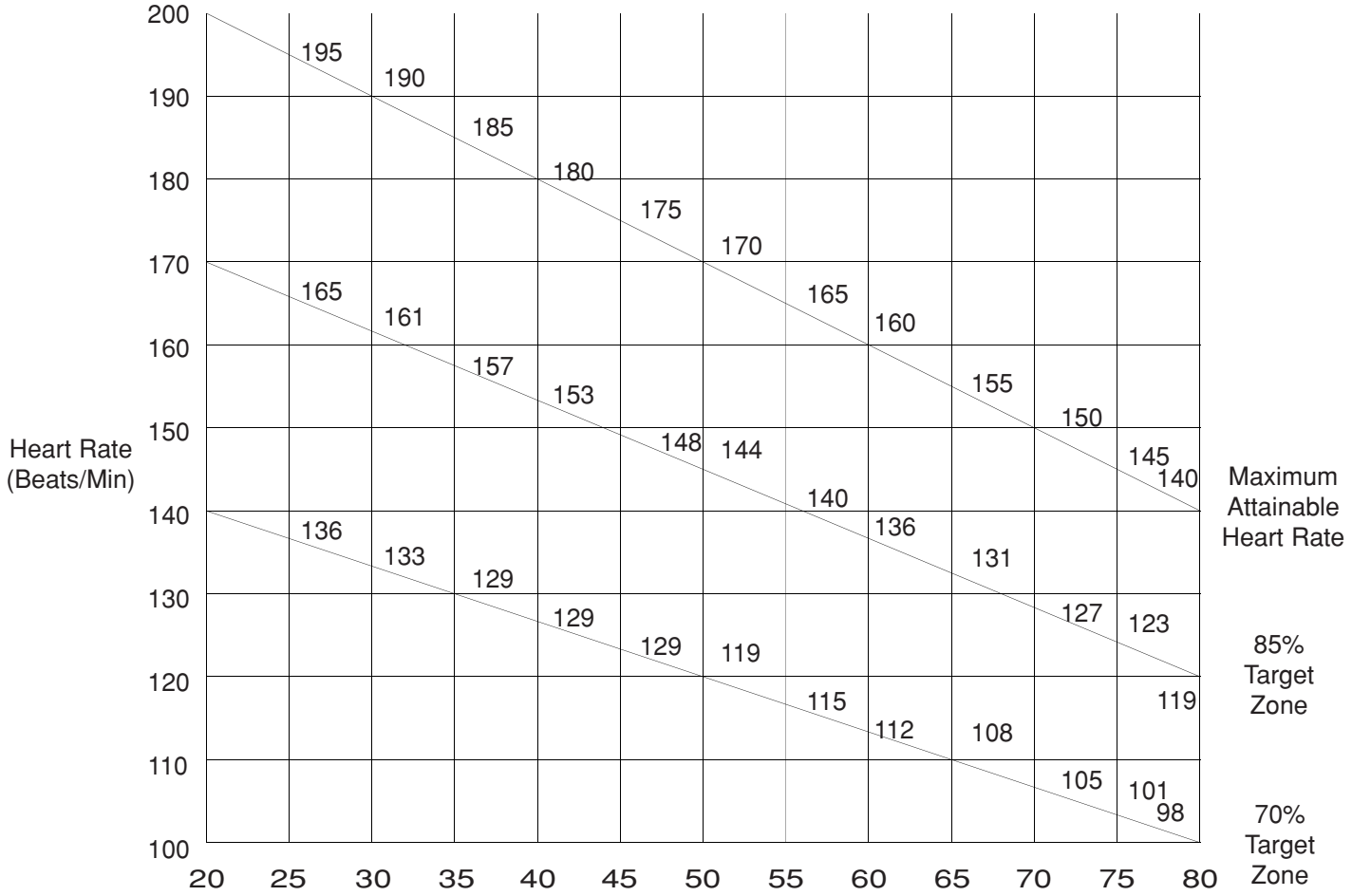


TABLE 2

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	4	60-65% -8	5	17	3	51
3 & 4	5	65-70% -10	5	20	3	60
5 & 6	5	70-75% -15	5	25	3	75
7 & 8	5	70-80% -20	5	30	3	90
9 & 10	5	70-85% -25	5	35	3	105
11 & 12	5	70-85% -25	5	35	3	105

WARMING UP

The greatest improvements are achieved when muscles are warm. Stretches should be slow, steady, and held for 15 to 30 seconds, then gradually release back to the starting position. Stretch to a point where tension is felt, not pain. Never bounce or jerk while stretching. The most important feature of balanced fitness is to be consistent. Begin each workout period by first warming up. Start your warm up by walking in place or around in the house for 2 to 5 minutes, then perform the stretches suggested below. This will slowly increase your body temperature and blood flow, so your muscles are more flexible, thus preventing muscle strain and injuries. The idea is to gradually build up your entire system for the workout period, then after your workout, gradually return to normal.

Some suggested warm-up exercise are as follows:

WAIST TWIST: With your feet shoulder width apart, slowly twist your upper body right and left.

CALF STRETCH: Lean against a wall or a solid object keeping your body straight. Slowly raise up and down on the balls of your feet.

SQUATS: From a standing position, balance yourself by holding onto a solid object or the wall. Slowly squat down until the upper portion of your legs are level with your knees. Return to the standing position.

WORKING OUT

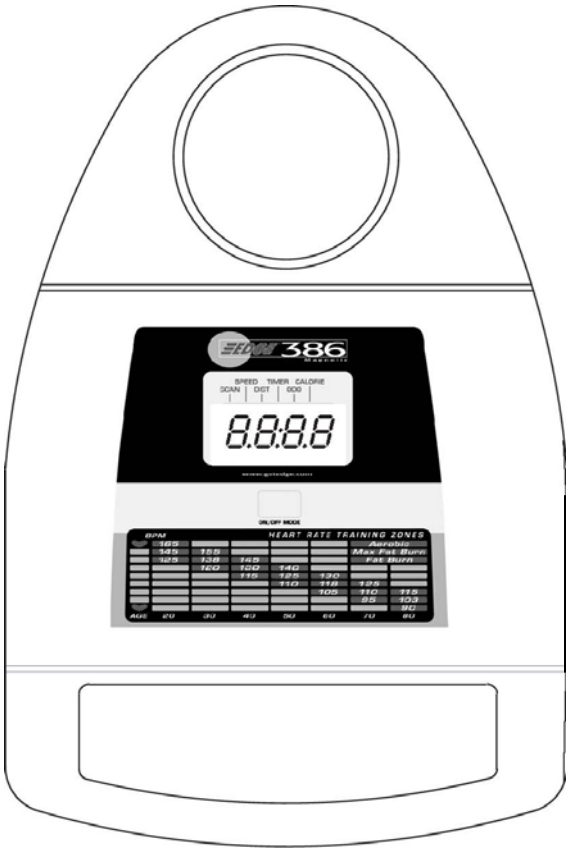
Too much...too little...how much is enough?

The key to a healthful program is defining your personal goals and establishing an exercise/nutrition program that will help you to be successful. At approximately 20 minutes into an aerobic exercise your body shifts into what is called the “fat-burning phase”. During this phase you are able to attack greater amounts of stored fat. Although it is often neglected, stretching can effectively reduce muscle tension, help good posture, increase range of motion and improve the loss of movement. It is a good idea to drink cool water before, during and after your workout.

CAUTION: Immediately after a workout if you are over-heated, do not drink lots of ice cold water. Cool your body down gradually using cool water. Drinking after a workout replaces the water that you have lost by sweating during your workout.

If the water is not replaced, it could result in heat exhaustion and/or dehydration. Drinking eight glasses of water a day is generally recommended. After completing the stretches and warm-up, you are ready to begin.

COMPUTER INSTRUCTIONS



INTRODUCTION

Your monitor will show approximate calories burned, elapsed time, speed and distance traveled to help you track your progress.

IMPORTANT:

Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advise is absolutely essential.

WARNING:

The batteries must be installed as instructed in this manual. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

COMPUTER FUNCTIONS

TIME: Accumulates the total working time up to 99:59.

SPEED: Accumulates the current speed up to 999.99 KM/H or MPH.

DISTANCE:
Accumulates the total working distance up to
99.99 Miles from Zero.

CALORIE: Accumulates the calorie consumption during exercise. Maximum value is 9999 calories.

SCAN: Automatically scans through the functions of DISTANCE, and CALORIES for a period of 6 seconds.

ODO:
Total accumulate distance.

OPERATION: To turn on the computer press the button or begin pedaling. Then, press the button again for the desired function.

NOTE: To reset, press and hold button down for 4 seconds. This will provide a total reset except for ODO.

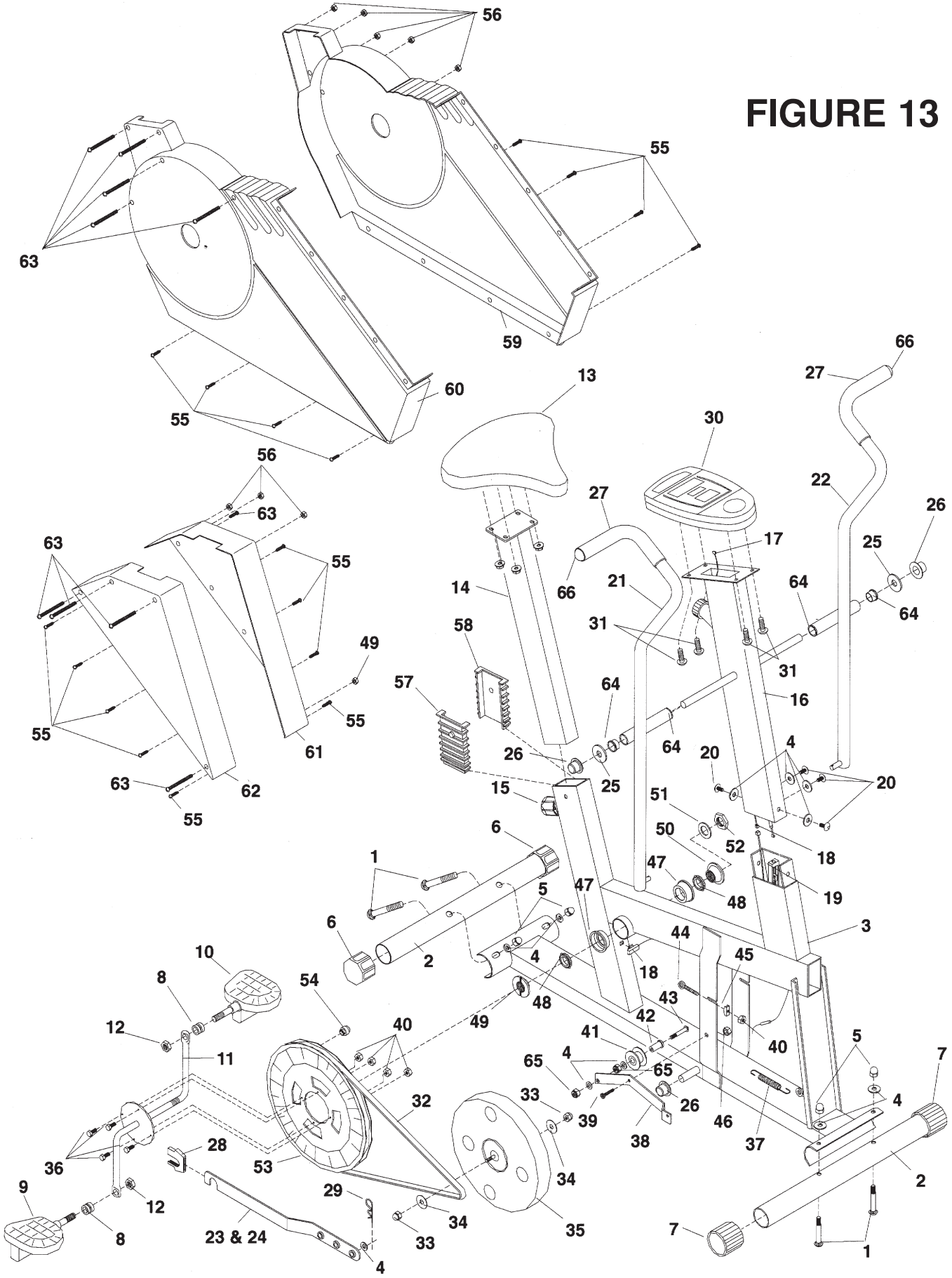
TENSION CONTROL: 1 is the least resistance and 8 is the greatest resistance.

PARTS LIST

ITEM	QTY.	PART NAME
01	4	M8 x 1.25 x 60mm Carriage Bolt
02	2	Foot Tube
03	1	Frame
04	10	M8 ID x 18.8mm OD Flat Washer
05	4	M8 x 1.25 Cap Nut
06	2	Foot Cap
07	2	Wheel
08	2	Pedal Bushing
09	1	Right Pedal
10	1	Left Pedal
11	1	Crank
12	2	Pedal Nut
13	1	Seat
14	1	Seat Post
15	1	Locking Knob
16	1	Console Tube
17	1	Extension Wire
18	1	Reed Switch
19	1	Tension Block
20	2	M8 x 1.25 x 12mm Button Head Screw
21	1	Right Handlebar
22	1	Left Handlebar
23	1	Right Connecting Arm
24	1	Left Connecting Arm
25	2	Large Washer
26	4	Push Nut
27	2	Grip
28	2	Retainer
29	2	Hairpin Cotter
30	1	Console
31	4	M6 x 1 x 10mm Machine Screw
32	1	"V" Belt
33	2	M10 Cap Nut
34	2	M10 Washer

ITEM	QTY.	PART NAME
35	1	Magnetic Brake
36	4	M6 x 1 x 10mm Machine Screw
37	1	Spring
38	1	Belt Tension Bracket
39	1	M6 x 20mm Machine Screw
40	6	M6 x 1 Hex Nut
41	1	Idler Pulley
42	1	Idler Bushing
43	1	M8 x 45mm Button Head Screw
44	2	Eyebolt
45	2	Adjustment Channel
46	1	M6 x 1 Lock Nut
47	2	Bearing Cup
48	2	Bearing
49	1	Slotted Bearing Nut
50	1	Notched Bearing Nut
51	1	Crank Washer
52	1	Crank Nut
53	1	Pulley
54	1	Magnet
55	18	M4 x 12mm Sheet Metal Screw
56	9	M5 x .8 Hex Nut
57	1	Right Seat Post Bushing
58	1	Left Seat Post Bushing
59	1	Bottom Left Cover
60	1	Bottom Right Cover
61	1	Top Left Cover
62	1	Top Right Cover
63	9	M5 x 115mm Machine Screw
64	4	Pivot Bushing
65	6	M8 Lock Nut
66	2	Cap
67	1	Owner's Manual
68	1	Master Carton
HK	1	Hardware Kit / Fastener Pack

FIGURE 13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FitnessQuest® Inc.

Dedication to Quality

Fitness Quest warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

If you have any comments or questions contact our Customer Service Department, toll free at 1-800-321-9236, Monday through Friday, 9:00 am to 5:00 pm, Eastern Time.

Please record the following information and keep for reference.
Serial #: _____
Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)

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11/11/02